

**The Enhanced Food Based Meal Pattern** follows the same structure as the Traditional Meal Pattern, but with different grade/age groupings and increased serving sizes for fruit/vegetable and grain/bread components. The quantities for breakfast are the same as required by the Traditional Meal Pattern, but it is recommended that an additional serving of grain/breads be offered to grades 7 - 12. These enhancements to the Traditional Meal Pattern make it easier to achieve the nutrition goals. Sponsors are encouraged to have their menus analyzed when using either the Traditional or Enhanced Food Based Meal Patterns to ensure that the nutrition goals are met.

<sup>1</sup>For the purpose of this chart, a week equals five days.